

Somer AC Summer 2017 Training Schedule

| | April 2017 | | May 2017 | | June 2017 | | July 2017 | | August 2017 | | September 2017 | |
|----------|------------|-------------------|----------|-------------------|-----------|-------------------|-----------|-------------------|-------------|-------------------|----------------|-----------------------|
| Thursday | | | | | 01-Jun | Speed Session | | | | | 31-Aug | Speed Session |
| Tuesday | 04-Apr | 5k Time Trial | 02-May | 5k Time Trial | 06-Jun | 5k Time Trial | 04-Jul | 5k Time Trial | 01-Aug | 5k Time Trial | 05-Sep | 5k Time Trial |
| Thursday | 06-Apr | Parlour Relays | 04-May | Parlour Relays | 08-Jun | Parlour Relays | 06-Jul | Parlour Relays | 03-Aug | Parlour Relays | 07-Sep | Speed Session |
| Tuesday | 11-Apr | 3 Min Intervals | 09-May | 3 Min Intervals | 13-Jun | 3 Min Intervals | 11-Jul | 3 Min Intervals | 08-Aug | 3 Min Intervals | 12-Sep | 3 Min Intervals |
| Thursday | 13-Apr | Speed Session | 11-May | Speed Session | 15-Jun | Speed Session | 13-Jul | Speed Session | 10-Aug | Speed Session | 14-Sep | Speed Session |
| Tuesday | 18-Apr | Cross Country Run | 16-May | Cross Country Run | 20-Jun | Cross Country Run | 18-Jul | Cross Country Run | 15-Aug | Cross Country Run | 19-Sep | Hill Reps |
| Thursday | 20-Apr | Speed Session | 18-May | Speed Session | 22-Jun | Speed Session | 20-Jul | Speed Session | 17-Aug | Speed Session | 21-Sep | Speed Session |
| Tuesday | 25-Apr | Summer Hill Reps | 23-May | Summer Hill Reps | 27-Jun | Summer Hill Reps | 25-Jul | Summer Hill Reps | 22-Aug | Summer Hill Reps | 26-Sep | Parlour Relay (Field) |
| Thursday | 27-Apr | Speed Session | 25-May | Speed Session | 29-Jun | Speed Session | 27-Jul | Speed Session | 24-Aug | Speed Session | 28-Sep | Speed Session |
| Tuesday | | | 30-May | Cross Country Run | | | | | 29-Aug | Cross Country Run | | |

Coach

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|---------------|--------------|---------------|-------------|-----------|--------------|
| Shirley Lloyd | Rich Maddock | Andy Courtney | Des Rabbits | Sam Perry | Dunc Davison |
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Training is subject to last minute change so come prepared!
 We Meet: Tuesday's 7.15pm for 7.30pm start Meeting Room
 Thursday's 7.15pm for 7.30pm start Sports Hall/Field
 Norton Hill Sports Centre, Charlton Rd, Midsomer Norton